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Unit 2: Disease Prevention



2.3: Physical activity and disease

Physical benefits

- ✓ Improves fitness and bone strength
- ✓ Reduces risk of disease
- ✓ Control body weight
- ✓ Muscular strength & endurance

Emotional benefits

- ✓ Improves energy levels
- ✓ Improves emotional well-being
- ✓ Good for brain function

How much physical activity is enough?

Type of activity	5-17 years old	18-64 years old
Moderate-vigorous	60 minutes per day	150 minutes per week
Aerobic	-	10+ minutes at a time
Strengthening	3 times per week	2 times per week

Definition ← **Sedentary lifestyle** → **Risk factors**

"A lifestyle where someone does not do regular physical activity".

- Increased risk of disease
- More likely to be overweight
- Decrease skeletal muscle mass
- Linked to high blood pressure and cholesterol

2.2: Personal health behaviours for disease prevention

Benefits of a healthy diet

- To maintain a healthy weight
- Controls cholesterol
- Certain nutrients affect certain body parts
- Improves mood

Personal Hygiene: hand washing

- Wet hands
- Apply soap
- Spread lather over back of hands
- Make sure soap gets between fingers
- Grip fingers on each hand
- Pay attention to thumbs
- Press fingertips into the palm of each hand
- Dry your hands with a clean towel

2.4: Immunisation

- Injection with small amount of virus/bacteria in it: not enough to make you sick
- Immune system creates antibodies to fight off the disease
- If the disease enters again your body will immediately fight it.

2.5: Screening

Can identify apparently healthy people who might have an increased risk of a disease.

Positive result: they may have the disease they were screened for & need more tests

Detects problems early

Benefits

- Saves lives!
- Can mean more successful treatment

Difference between screening & diagnostic tests

Screening is used on the 'well population'.
Diagnostic tests are used when there are symptoms of a disease.